



## ***Growing Healthy Kids Columbus***

**VISION:** *Columbus is a community in which all children live in a smoke-free environment, have daily opportunities for active play, and have access to nutritious foods so they enter kindergarten ready to live, learn and play at their best.*

### **Minutes**

June 26 22, 2018 10:00am -  
11:30am Columbus Public Health, Board Room

### **Attendance**

<b>Organization</b>	<b>Member</b>
American Heart Association (AHA)	Lory S. Winland
CPH – CDC PHAP, Chronic Disease Prevention	Lyana Delgado
CPH – CDC PHAP, Chronic Disease Prevention	Elise Fester
CPH – Creating Healthy Communities	Dana Dorsey
CPH – Dental Program	Deani Deskins
CPH – Growing Healthy Kids Columbus	Ali Segna
CPH – Healthy Children Healthy Weights	Hannah Bills
CPH – Strategic Nursing	Bob Holomuzki
Nationwide Children's Hospital (NCH)	Kaitlyn Ferrara
Nationwide Children's Hospital (NCH)	Janelle Tighe
Nationwide Children's Hospital (NCH)	Melissa Wilgus
OSU – Extension	Carol Smathers
OSU – Extension Franklin County	Jenny Lobb
Mount Carmel Health System	Chris Evans
Recreation & Parks	Malik Willoughby
YMCA – Early Head Start	Bobbi Shannon

### **10:00am – 10:30am Member Introductions and Program Updates**

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

#### **STEERING COMMITTEE MEMBERS:**

Carolyn Bernard, Columbus City Schools  
Megan Gorby, Nationwide Children's Hospital  
Mark Haynes, Children's Hunger Alliance  
Ali Segna, Columbus Public Health  
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension  
Dawn Sweet, Franklin County WIC  
Hannah Bills, Columbus Public Health  
Rebecca Wade-Mdivanian, Ohio State University Life Sports  
Maria Villareal, CDCFC Head Start  
Matthew Yannie, United Way of Central Ohio

Partner/Organization	Program Updates
Ali/GHKC/CPH	5 PA trainings for Rec and Park summer staff, 200-250 staff trained, pilot training to mirror what we do in ECE with OHP. Lyana did the HG training for 33 Rec and Park staff. Ohio Afterschool conference - Off to a Great Start, Ali and Lyana will be presenting the HG training. Steering committee met last week to go through a list of questions drafted by Changelabs to help guide the program to policy training. Met with the Balance Calories Initiative team (Executive Director of Ohio Bev. Association, Pepsi Rep and Coke Rep). They show shared their charitable campaigns, work with senate bill 210, beverage reduction in schools, drink up and calorie counts on beverages. Their plan for 2018, will be doing market tours for Public Health officials, government officials, and faith based organization Cincinnati, Cleveland and Columbus in late august. Voices for Healthy Kids released healthy drinks fast facts, released 26 facts, will be sharing some of the facts to the coalition at the next meeting.
Hannah/HCHW/CPH	Accepted to present at APHA 2018, centered on work from in person trainings to online format. ODH has released the modules to be released statewide. Conducted the healthy menus and healthy policies webinars for 40 providers. Presented at the strawberry farm for neighborhood pride.
Lyana/HCHW/CPH	Continued work with the Target Marketing Initiative. Presented at the Hispanic/Latino Collaborative meeting, community events (Franklin Park Conservatory Farmer's Market), Youth 2 Youth Conference (Y2Y) with Carol Smathers.
Dana/CHC/CPH	Bike fest with bike friendly Franklinton on June 8 <sup>th</sup> , safe routes to school program bike fest.
Lory/AHA	Process of finishing up a section on healthy vending campaign, taste tests, employee surveys, compiling data for city employees. Complete streets policy in the works. Received a grant nationally, for healthy vending and complete streets for marketing materials. Radio PSAs, print PSAs, created partner collaboration with the American Diabetes Association. Will bring media attention for bike tours for complete streets (healthy lunch with a guided conversation on what they saw in the streets, healthy items in the backpacks). Passed 5 cities for Tobacco21 for this fiscal year.
Bob/CPH	Reopened a pantry on champion, more families and children coming to these pantries, more opportunities to engage the families on cribs, diet, etc. Bhutanese community on high diabetes incidence, met with director of center, healthy eating is not on their radar (transition from refugee camp to land of plenty). Future diabetes education program. Outbreak on Hep A, vaccinations for high risk populations, partnering with Mount Carmel (medical van).
Janelle/NCH	Will be presenting on the mobile units at Nationwide.
Carol/OSU Ext.	Formed an EC group, meeting today to see how OSU Ext. can increase capacity for ECE providers to receive OHP trainings - they

	prefer to take in-person trainings, but in rural communities not always possible. Attended the Ohio Early Childhood Health Network, it is being reinvented, statewide network (healthy eating, healthcare, etc.)
Malik/CRPD	\$40,000 in equipment updates, \$12,000 on adjustments and updates for 50+ yrs. demographic equipment.
Elise/SRTS/CPH	Bike safety/bike rodeos Sullivan Gardens and Smart Columbus block party this weekend. 7 more in July, Jazz in the park and active linden.
Melissa/NCH	Working with the African American Male Wellness Walk for healthy eating education.
Jenny/OSU	OSU has a new mindful wellness program, work with trauma based informed care. Presented at Y2Y mindfulness training.
Bobbi/YMCA	8 preschool summer camps throughout the city, success with 2 mobile food units (free lunch at 2 locations, staff stick around after for PA, water pitchers available at the tables during snack time, took over a year)

### 10:30am – 10:35am Breaking News

Lyana Delgado

- *It's time to serve our kids better*
  - <https://act.voicesactioncenter.org/gdevyfi>
  - Eating out has turned into more a necessity for families than luxury/occasional treat.
  - Kids consume about 25% of calories from eating out (2x more calories from home-cooked meals)
  - About 42% of kids 2-9yrs eat fast food on any given day
  - About 96% of entrees in US chains fail to meet basic USDA nutritional standards
  - Study of top 50 US chains found 86% of kid's meal combos are too high in calories, 55% too high in sat. Fat, 66% too high in sodium.
- *Philadelphia City Council Passes Sodium Warning for Chain-Restaurant Menus*
  - [https://cspinet.org/sites/default/files/attachment/CSPI%202017%20Facts%20on%20Sodium%20Health%20Risks%20Consumption%20and%20Health%20Care%20Costs\\_FINAL%2028003%29.pdf](https://cspinet.org/sites/default/files/attachment/CSPI%202017%20Facts%20on%20Sodium%20Health%20Risks%20Consumption%20and%20Health%20Care%20Costs_FINAL%2028003%29.pdf)
  - <https://cspinet.org/news/new-york-city%E2%80%99s-sodium-warnings-stay-menus-20170210>
  - <https://cspinet.org/news/calorie-counts-chain-restaurant-menus-become-mandatory-monday-result-15-year-long-campaign>
  - Statement: <https://cspinet.org/news/philadelphia-city-council-passes-sodium-warning-chain-restaurant-menus-20180621>
  - The new law will require a warning label next to menu items that contain 2,300 or more milligrams of sodium (the amount in about a teaspoon of salt). That's the recommended limit for an entire day.
  - 2<sup>nd</sup> city behind New York, 2015, complements calorie labeling that went into effect nationwide.
- *Why you should probably stop snacking at work*
  - [https://www.washingtonpost.com/news/wnk/wp/2018/06/13/why-you-should-probably-stop-snacking-at-work/?Noredirect=on&utm\\_term=.b8c7720ba988](https://www.washingtonpost.com/news/wnk/wp/2018/06/13/why-you-should-probably-stop-snacking-at-work/?Noredirect=on&utm_term=.b8c7720ba988)

- People have to eat, and with workers spending more and more time in the office, it only makes sense that people would reach for the easiest and most accessible options. (Average is about 47hrs/wk.).
- U.S. Department of Agriculture's Food Acquisition and Purchasing Survey and found that among **5,222** working adults surveyed in the United States, 22 percent of them obtained food and beverages from work at least once during a seven-day period.
- Slack Channel at Washington Post “Attention: the cake is moving to the 8th floor kitchen. Do not miss this once in a lifetime opportunity.”
- “Work foods are high in empty calories, sodium, and refined grains and low in whole grains and fruit.”
- Employers may also want to consider healthy meeting policies to encourage healthy food options at meetings and social events, reach millions of working Americans, effective at changing health behaviors, reducing absenteeism and reducing health care costs.
- *WHO Panel Nixes Support for Sugary Drink Taxes*
  - [Http://apps.who.int/iris/bitstream/handle/10665/272710/9789241514163-eng.pdf](http://apps.who.int/iris/bitstream/handle/10665/272710/9789241514163-eng.pdf)
  - [Http://journals.plos.org/plosmedicine/article?Id=10.1371/journal.pmed.1002057](http://journals.plos.org/plosmedicine/article?Id=10.1371/journal.pmed.1002057)
  - [Https://www.washingtonpost.com/news/wnk/wp/2018/03/21/why-the-british-soda-tax-might-work-better-than-any-of-the-soda-taxes-that-came-before-it/?Noredirect=on&utm\\_term=.901200c54f27](https://www.washingtonpost.com/news/wnk/wp/2018/03/21/why-the-british-soda-tax-might-work-better-than-any-of-the-soda-taxes-that-came-before-it/?Noredirect=on&utm_term=.901200c54f27)
  - [Http://journals.plos.org/plosmedicine/article?Id=10.1371/journal.pmed.1002283](http://journals.plos.org/plosmedicine/article?Id=10.1371/journal.pmed.1002283)
  - [Https://www.devex.com/news/ncd-commission-split-over-sugar-tax-92864](https://www.devex.com/news/ncd-commission-split-over-sugar-tax-92864)
  - Statement: <https://cspinet.org/news/who-panel-nixes-support-sugary-drink-taxes-20180601>
  - New WHO report did not recommend taxes on sugary drinks to prevent obesity, no consensus among members from WHO commission. One of the commissioners stated that the US and other states felt there was not enough evidence on the impact of such taxes, thus, should not be recommended. The US Gov. Rep. Was Deputy Secretary Eric Hargan (working against any recommendations that offend the soft-drink industry).
  - The report argues governments should “implement fiscal measures, including raising taxes on tobacco and alcohol, and consider evidence-based fiscal measures for other unhealthy products.”
- *Get sugary drinks out of hospitals*
  - [Https://www.salon.com/2018/06/03/get-sugary-drinks-out-of-hospitals/](https://www.salon.com/2018/06/03/get-sugary-drinks-out-of-hospitals/)
  - All liquid diets before and after surgery (typically loaded with lots of sugars, including the “protein shake” that is provided post-surgery)
  - One study of over 60,000 women showed that women who consumed excessive sugar were more likely to develop uterine cancer.
  - Consider the "protein shakes" given to people recovering from surgery or illness. They're loaded with added sugars like corn syrup and commercially refined oils.
  - Each serving of Ensure's "Original Milk Chocolate Nutrition Shake" has 33 grams of carbohydrates -- i.e., sugar -- while just 9 grams of protein.
  - "Protein shake," Boost's "Chocolate Sensation," has just 10 grams of protein and 41 grams of carbohydrates. That's more than a can of Coca Cola
  - Gatorade is encouraged for electrolytes and clear sodas like sprite 2 hrs. before operation is allowed.
  - One in five U.S. hospitals even houses a fast-food restaurant like McDonald's or Wendy's!
  - West Virginia's Jefferson Medical Center removed all sugary drinks from vending machines and cafeterias.

- Other hospitals are swapping sugary protein shakes for sugar-free yogurt
- *RI Eliminates Junk Food Marketing in Schools!*
  - [https://www.voicesactioncenter.org/breaking\\_news/ri\\_eliminate\\_junk\\_food\\_marketing\\_in\\_schools?utm\\_campaign=it\\_jun\\_07\\_18&utm\\_medium=email&utm\\_source=voicesactioncenter](https://www.voicesactioncenter.org/breaking_news/ri_eliminate_junk_food_marketing_in_schools?utm_campaign=it_jun_07_18&utm_medium=email&utm_source=voicesactioncenter)
  - June 7<sup>th</sup>, Rhode Island signed into law the prohibiting of advertising and marketing of unhealthy foods/beverages on school property.
  - Need to meet minimum nutrition standards defined by the USDA within the Healthy, Hunger Free Kids Act of 2010, RI Board of Ed, local district wellness committees.
  - 3 year effort success through strong grassroots engagement and mobilization!
  - Impact more than 140,000 kids and 3<sup>rd</sup> state to do this.

### **10:35am – 10:55am Nationwide Children’s Hospital Mobile Units**

Janelle Tighe

- Mobile Units
  - Primarily send the NCH unit to schools, (CCS is a large partner, Pickerington, canal-Winchester)
  - McDonald Care Mobile (goes to community sites, daycares, partnering with OSU EHS)
- Mobile Mission Statement
  - Primary goal, get into the community and make sure children are being seen. Weekly/monthly, continuity with care with kids. Encourage going to PCP but lots of barriers exist, main mission is to see all children.
- Mobile Team
  - Drivers register the patients, 2 great drivers, love the kids. Have to go through EPIC training.
  - 2 rooms on the unit, 1 to see the nurse, the other to see the provider.
  - 2 families on the unit for space constraints.
- Mobile Services
  - Can do anything that can be done in the clinic.
  - Teen health (STD testing, etc.).
- Mobile Consent Forms
  - Can give consent forms to parents prior before coming in
  - In the process of redoing the form to unify all of the consent forms. Verbal consent up to 30 days prior to the visit. Useful for reoccurring visits.
- Mobile Operation
  - Need to confirm an area to park in order to provide services. Space required provided in the specs.
  - Can communicate between registration and partner for easy communication and handoff
- Mobile Schedule
  - Will provide partners with a patient log to schedule patients ahead of time to ensure efficient booking.
  - Can return with mobile unit if there are kids that weren’t able to be seen.
- Charge for services
  - All services will be billed using the insurance information on the child’s consent form.
  - If no insurance is provided, services will be billed as self-pay. Mobile staff can connect families with our Financial Counselor who will assist with securing temporary and long-term coverage
  - Families have 90 days to pay if using self-pay

- Attends many community events (Arts Festival, Latino Festival, African American Male Wellness Walk, etc.) for mobile unit tours and promotion. Mobile unit is also available for these events for breastfeeding space. Can also provide clinical services at these events.

- **Mobile Partners**

School Partners	Community Partners
<ul style="list-style-type: none"> <li>• A+ Arts Academy Schools</li> <li>• Columbus City Schools</li> <li>• Columbus Arts &amp; Technology Academy</li> <li>• East Bridge Academy</li> <li>• Huntington Local Schools</li> <li>• Southwestern City School District</li> <li>• Vinton County School District</li> <li>• Wellston Schools</li> <li>• Whitehall City School</li> <li>• And others</li> </ul>	<ul style="list-style-type: none"> <li>• Early Head Start Locations</li> <li>• Moms2Be Programs</li> <li>• The Village Network</li> <li>• YMCA Van Buren Family Center</li> <li>• YWCA Family Shelter Locations</li> <li>• And others</li> </ul>
For more information contact: Tifini Ray, School Health Liaison <a href="mailto:tifini.ray@nationwidechildrens.org">tifini.ray@nationwidechildrens.org</a> (614) 722-6853	For more information contact: Janelle Tighe, Program Supervisor <a href="mailto:janelle.tighe@nationwidechildrens.org">janelle.tighe@nationwidechildrens.org</a> (614) 722-4952

- Goes to four different Moms2Be locations
- Tifini acts as liaison for school partners
- Community partners interested in having mobile unit should contact Janelle to schedule conversations and site visit to discuss community partner need
- In process of renewing brochures
- Provides partners with laminated poster to write on with dry erase to list date when the mobile unit will be visiting next.

## 10:55am – 11:00am Activity Break

All

## 11:00am – 11:30am Advocacy and lobbying, how can we support?

Lory Winland

- What is advocacy?
  - Advocacy is more overarching, presenting about evidence and research to elected official or public
- Why does advocacy matter?
  - Influences public policy
  - Provides a channel for individuals & organizations to voice an opinion
  - Can sway public opinion
  - Garner press coverage
  - Provide policymakers an opportunity to respond to constituents' needs
- Why policy change?
  - Example of cost effective can be seen with Tobacco 21, where less work would be needed with policy implemented rather than individual tobacco cessation
- Examples of advocacy
  - Sharing local data and statistics on health problem and solution
  - Example: sharing data on # of local employees that would be affected by Healthy Vending
- What is lobbying?

- May need to be a registered lobbyist depending on the area. If registered, need to report on local, regional, and state funding and activities
  - Sharing information on social media an example of grassroots lobbying
- It's about the money!
  - Some funds not able to be used for lobbying are instead use for “ground softening” or building readiness in a community for lobbying
  - You as an individual can have personal views and can lobby, but cannot do so on behalf of your organization. Would have to lobby as a constituent.
- How can you be an advocate?
  - Mike Berman at OSU is trusted voice and has developed great relationship with legislators or representatives
  - Can organize groups of supporters and lobby on their behalf
  - Can discuss *ideas* on policies, coming short of supporting or voicing opinion on particular issues/bills
- Questions/comments
  - Conversations around reduction of SSB: thinking locally, looking at communities in the removal of SSBs from kids menus
  - Discussion around building up adults to act as role models
  - Facing an anti-tax climate at the state level; also facing preemption bills (making it more difficult to work on local levels). Some cities that have been successful with SSB tax have had success taken away with preemption bills. Will need to be armed with evidence in success of these taxes in other cities to build momentum in moving this along.
  - Other policies in the works: Complete Streets, Tobacco 21, Tobacco taxes, Tobacco cessation funding, healthy food financing (at state level)

**Next Steps:** Watch for opportunities to educate, advocate or lobby for policy change as it relates to Healthy Gatherings (i.e. water first for thirst, SSB, active play, smoking, healthy eating, etc.).

**Next Meeting:** July 31, 2018 10am-11:30am Columbus Public Health, 119C

**Save the Date:** Program to Policy Training September 25, 2018